



*In 1980, Rumi and Khorshed Bhavnagri lost their sons, Vispi and Rato, in a car accident. Within a month, through a chain of people, they received a message that their sons wanted to communicate with them and they spoke to the boys through a medium, and were assured of their well being. They had reached the Spirit World immediately and had been welcomed by their beloved grandfather, Popsie. The boys asked their parents to develop powers of concentration, so they could communicate safely and privately together through the method of Automatic Writing. In this way Vispi and Rato were able to advise and guide their parents constantly and reveal their mission on Earth - to comfort and help people in need, to spread spiritual knowledge and how to stay on the Godly Good Path always. The book, The Laws of the Spirit World was communicated by Vispi and Rato through telepathy to their mother and simultaneously reduced into writing by her. Topics from the book and other messages are contained in the VRRP Spiritual Learning Newsletters. In 2007, Khorshed Bhavnagri joined her family in the Spirit World, but her work is being continued by the VRRP Group. The detailed story of the Bhavnagri's is in the book The Laws of the Spirit World.*

### **What is Karma?**

Karma is not a punishment – it is the **law of learning**. The purpose of the law is to teach you where you went wrong, so you understand your mistake, and never repeat it again. Karma is based on the principle of what you sow, you reap. It can be explained in terms of cause and effect (cause refers to your actions - thoughts, words and deeds; effect refers to the consequences of those actions). Therefore, karma is a debt you owe or a blessing you receive based on the consequences of your own actions (your free will), from this lifetime or previous lives.

### **How does one build Karma?**

Karma can be positive or negative. Positive karma is built by doing selfless good deeds such as small acts of kindness, helping a person in need, being a good listener, looking after animals, spreading spiritual knowledge, providing direction and support to lost souls, being fair and just at work, and so on. On the other hand, negative karma is built by harming others, lying, being deceitful, revengeful, being proud (being rude/putting others down), hurting others (even with your words), not carrying out your duties and responsibilities, addictions, committing suicide, doing the wrong thing despite having knowledge, fooling people (manipulation), mental/physical torture, nagging, not spreading God's laws, not helping others to rise spiritually, not taking care of your own body, peddling drugs, being spiritually stagnant, doing something good but with the wrong intention, negative affirmations/thoughts about yourself or another, not fulfilling your mission, spoiling your children, blaming others and many other such negative deeds.

Positive karma comes in the form of spiritual blessings such as good health, a loving family, loyal friends, spiritual knowledge, and your gifts and talents. Negative karma can come to you as mental, physical or emotional pain in the form of problems with your health, family, money, legal issues and so on. Illness can be something that you have chosen to go through in order to pay off your karmic debt.





Also remember that positive and negative karma are completely separate from each other. **They do not cancel each other out**, so you will have to pay for your misdeeds, and you will receive spiritual blessings for your good deeds.

*Here is a short story to further explain positive and negative Karma:*

In the village of Satara lived two businessmen who owned two grocery stores. Hari was a kind and compassionate person, who built a very good relationship with his customers. He would offer very good deals, genuine products and would go out his way to help his customers. He was a calm, helpful, and caring individual. On the other hand Bharat was very business minded. He was only interested in making money and his only motive was to make profit. One day there was a storm that caused heavy floods. Hari prayed to God to help him save his goods, so that he could feed the people who would be stranded due to the flood. Bharat prayed as well, asking God to save his goods so that he could sell them at a higher price and make more money. When it stopped raining, both Hari and Bharat rushed to their respective stores. To Hari's surprise most of his goods were saved from getting soaked and destroyed. But for Bharat it was bad news as most of his goods were now worthless. This is the way karma works. Hari's intentions were pure and his motive was to help others. This allowed him to build good karma in the form of protection. He would go on to earn even more blessings as he helped his neighbours during a difficult time. As Bharat's intentions were selfish and materialistic he had to endure the pain of losing all his goods. It can also be seen from this example that it is not only the actions but the motive behind those actions that are of utmost importance.

### **How can I pay off my karma?**

Karma is the law of learning. You can only pay off your karma by learning the lesson it has come to teach you. The process of learning is equally important – it is important to go through your troubles bravely and smilingly without resentment. If you complain, indulge in self pity, or make your pain a very big deal, you are not repaying your karma at all; you may even be adding negative karma. Or, if you are repaying it, the payment is happening at a very slow rate and your pain may feel never ending. This is how you are converting your pain into suffering.

So smile through your problems, be positive, and handle your pain with grace. Grace simply means that you maintain dignity, have complete faith in God and His justice, and have a sense of humour too – without losing sight of the importance of the situation. This will allow your loved ones in the spirit world to work with you to provide you with strength to help you face your karma.

### **Does the learning always come in the same or similar situations?**

People wrongly assume that if they do something wrong they have to go through that same situation to repay their karma. Remember that karma is the law of learning and is not a punishment; hence it can only be repaid when one learns the lesson and changes for the better. One does not necessarily have to go through the same or similar situation but rather any situation that will help them to learn that particular lesson. For example, if one ill-treats or makes fun of





a blind person, then the assumption is they will have to be re-born as a blind person to repay their karma. Not necessarily. In this example, the person's learning may simply be to treat everyone equally and hence they will be presented with situations where they can learn this lesson – they may be born blind or may bear a child who is born blind or they might be a victim of discrimination at their workplace or they might have to face situations where they have to choose between discriminating and being fair. The situations may differ, but the ultimate goal of each of the situations is to help the person to learn to treat everyone equally, with compassion. The situation is there to help the person to learn the lesson but whether or not the individual chooses to learn the lesson is entirely up to them.

*Here is a short story to explain that your learning does not necessarily have to come in the same or similar situation:*

Nitin and Munni were married in their previous life. Munni ill-treated and disrespected Nitin and put him down all the time not realizing the pain she was causing him and the karma that she was building. When Munni went to the spirit world she realized her mistake. Therefore, in her next life she decided to pay off her karma by learning the lesson of treating people kindly. But this time it came to her through a different situation where she was the observer. She had to go through the pain of seeing her son-in-law ill-treating and disrespecting her daughter. This pain made Munni understand the importance of treating people kindly and with respect. She helped her daughter deal with the situation, she had learned her lesson and paid off her karma. Therefore, one does not need the same situation or people to pay off their karma. It is the lesson to be learned which is of utmost importance.

### **Why do good souls seem to suffer on Earth more than bad souls?**

Earth is the only place where you can pay off karma and speed up your spiritual progress. If you are a good soul, opportunities to pay off your negative karma come to you faster because your subconscious mind is more open. This means that even if you do something slightly wrong your karma comes to you instantly and you can repay that karma fast. On the other hand, if your subconscious mind is dormant, your karma accumulates and you delay paying it. Eventually, your karma comes to you no matter what. Do not think that evil souls are getting off scot-free. They are **accumulating** karma that they will have to repay. **You can never escape your karma.**

*Here is a short story illustrating how you can build karma and that one can never escape Karma:*

Ashok was a career oriented and ambitious individual. He landed a job with a good company where he was given a lot of responsibility. Unfortunately, this success went to his head and his pride led him to desire even more success and material comforts. He started manipulating and deceiving people in order to get ahead. These tactics helped him to achieve his goals as he achieved a lot of material success in his life. But while people assumed he was hardworking and deserving of his success, he was actually a fraud and was building a lot of karma. In his next life, Ashok took rebirth into a wealthy family. When he was a teenager, his father experienced a massive financial loss which led the family to lose their home and all luxuries. The loss of money came to teach Ashok humility, the value of hard work,





and the difference between true happiness and the false pleasure that material things can bring. In this example, one can see that you can never escape your karma as God's justice is perfect.

*Here is a story to help you to better understand Karma:*

*A story of two friends:*

Rocky and Chris were close friends, and though both were equally talented, Rocky was a very hardworking boy while Chris was not. They were both selected for their school's soccer team. Each morning during soccer practice Rocky trained hard, perfecting his skills and developing stamina. Chris on the other hand worked hard on impressing his coach through flattery and feeding his ego. When it came time for the team's first match, Rocky was confident that he would be selected to play as he had worked hard and was ready. But to his surprise and disappointment he was not. The team won the first match, largely because Chris scored the winning goal. As a result of this, Chris became proud and began bragging all the time. Rocky was happy that his team had won and that his friend was responsible for the victory, but he was also disappointed in himself for not being selected for the game. At home, Rocky's mother noticed that he was feeling sad and asked him if anything was bothering him. After hearing what had happened, Rocky's mother told him "Sometimes things are kept away from you because it is not the right thing or time. **Even in the waiting there is learning.** So have patience and things will work out." Rocky kept his mother's words in his head and hoped that one day he would achieve all he had worked for.

One day as the team was practising on the field, a selector for the national team happened to visit. A friendly match was set up between the two teams. Rocky, as usual was sitting on the bench. At the end of the first half the scores were level. Soon after the second half began, Chris started to get very tired as he had not built any stamina. Clearly Chris had never trained enough and so had to be called out of the game. The coach had no choice but to put Rocky in the game. Rocky now had a chance to prove himself to his team and his coach. Finally a moment arrived when Rocky had the ball. And though he only had the keeper to beat, seeing another team mate open who had a better chance of scoring a goal, he passed the ball to his teammate, allowing him to score the goal.

Rocky, Chris, and a few others were selected for the national trials. Rocky started preparing for the trials which would be held in two days. Chris' ego had him thinking that he would be selected anyway so he went into the trials without any preparation. But he was wrong this time, for he pulled his hamstring muscle just as he started his trial and could not participate any further. Rocky, on the other hand, was selected for the national team. Chris went up to Rocky and said, "If only I had worked as hard as you and kept fit, I might have been selected too. I took my talent for granted for which I had to pay a price. I have realized my mistake and will never repeat it again."

Chris realized his wrongdoing and worked very hard on improving his skills and was selected in the next year's national trials.

Rocky had earned what he deserved. It is possible he was not ready to accept success with grace and humility and that





is why he had to wait. But he waited with grace and no resentment and therefore received success when he did. He also served as an example to other players.

At the end of the day you will never know whether it is karmic debt, a test, or training that you are facing but that is not the point. The point is to go through whatever you are facing positively, bravely, and smilingly. Your pain will be eased and you will be a stronger soul for it. **Remember, if God brings you to it, He will bring you through it.**

*“There is no religion in the Spirit World. We worship one God only.”*

DO NOT ATTEMPT AUTOMATIC WRITING ON YOUR OWN

**It is dangerous to do automatic writing on your own without a protective link and without following proper instructions.**

Automatic writing can only be done with a proper protective link between one particular soul in the Spirit World with whom you wish to communicate. Only an experienced and linked person can join your link, which will ensure that no negative interference e.g. astral souls and unknown forces can harm you.

We also have to inform you that there are certain individuals who, with very basic information, are using this spiritual knowledge to misguide people through Automatic Writing. They have started practicing it on their own, without permission and without a protective link, and are giving the wrong advice to a great number of vulnerable people. Unless Automatic Writing is practiced with proper guidance and instruction, its effects can be extremely negative and dangerous. For instance, people might receive a wrong message that harms the person for whom it is intended, rather than helping them. Even if it is an emergency, we urge you to be aware of whom you turn to and it would be by far better, to call upon your sub-conscious mind and pray to God Almighty for guidance, rather than be misled into wanting inaccurate messages.

In case you have a genuine spiritual problem or need spiritual guidance, e-mail us at [vrrp@vrrpspirituallearning.com](mailto:vrrp@vrrpspirituallearning.com). However, due to the volume of mail received, our response may be delayed. Also, we are unable to answer questions about material wealth, future predictions, etc.

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